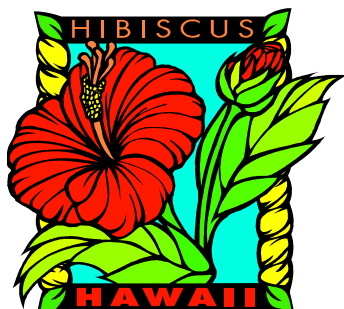


September Senior Center Gazette 2005

Monday, September 5
Labor Day Holiday
Senior Center is Closed
Everyone enjoy a break
from your hard work!



Friday, September 9
Join in the Fun!
Luau & Birthday Party
Luau Lunch at 12 Noon
 Roast Pig, Chicken with Pineapple
 Hawaiian Fish with Cilantro,
 Sesame Oil, & Lemon Peel
 Rice Pilaf with
 Macadamia Nuts & Raisins
 Pineapple Upside Down Cake
 \$5 and \$7

1:30 p.m. Birthday Party
Entertainment by
Na Mamo O Ke Anuenue
A Kamakani
Hawaiian & Tahitian Dancing

Join in the festivities of our September Luau & Birthday Party. A special Luau lunch will be served at 12 Noon. And, even if September is not your birthday month, come to enjoy the music, dancing, and fun at 1:30 p.m. Birthday cake, ice cream, and coffee will be served in the dining room. Prizes will be awarded in a drawing of the names of seniors present who have birthdays in September. Prizes have been donated by Kathy's Floral Designs, Atria's Retirement Inn, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2050
Senior Peer Counseling.....	574-2063
Caregiver Support Program.....	574-2035
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
Travel Escort Program.....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
BACS ADULT DAY CARE CENTER.....	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOMESERVICES REGISTRY.....	574-2095
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....	494-4500
After hours.....	494-4505
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SOCIAL SECURITY.....	1-800-SSA-1213
TRI-CITY ELDER COALITION.....	574-2064

September Speaker
Tuesday, Sept. 20, 10:30 am
Rob Warren, Alameda County
District Attorney's Office
"Scams and Scammers"

Seniors are a prime target for fraud, because they are very trusting. Come to hear how to protect yourself from "Scams and Scammers."

Exciting New Class!
Toll Painting with
Sandy Lovitt
Wednesdays, 6:30-9:00 pm
\$8 per session

Learn to paint on tin, wood, fabric, gourds, & glass from an experienced teacher. You don't have to bring your own supplies to get started. Sandy will share hers with you until you know what you want and need.. Make your own holiday gifts, and decorations. Wooden supplies are made for you by a professional cabinet builder. Join in the creative fun!

In Case of Emergency "ICE" Procedures for Cell Phones.

Following a disaster in London, the Ambulance Service has launched a national "In Case of Emergency (ICE)" campaign. The ICE program was reviewed on NBC News. Store the word "ICE" in your cell phone address book, and next to it enter the number of the person you would want to be contacted "In Case of Emergency". In an emergency, ambulance and hospital staff will then be able to quickly find out who your next of kin are and be able to contact them. For more than one contact name, store ICE1, ICE2, etc. A Good Idea from the U.K.!

Trips 2006 Meeting

Tuesday, Sept. 27, 1:00 pm

Discussion of trips planned for 2006. See what day trips have been planned and get the latest trip news. Slide presentation by Collette Vacations on "The Best of Eastern Canada" scheduled for May and a Caribbean Cruise in March.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.